

The Contrail

The official monthly newspaper of the 177th Fighter Wing



AUG 2013, VOL. 47, No. 08



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And more...

COVER: U.S. Air Force Staff Sgt. Brian Lemmon performs maintenance on a Convair F-106B Delta Dart static display here on July 24. Lemmon is assigned to the 177th Fabrication shop. Photo by Master Sgt. Andrew J. Moseley, 177th FW/PA

SOCIAL MEDIA

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!PHOTO FLASHBACK



A T-33 Shooting Star assigned to the 119th Fighter Squadron, 177th Fighter Wing, NJANG, in an undated photo.

RESPONSIBLE ALCOHOL USE



KNOW WHEN TO STOP

THE
MISSION
STARTS
HERE

US AIR FORCE



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A MESSAGE FROM THE WING COMMANDER

Welcome back Jersey Devils! I hope you all took advantage of the extra weekend in July to spend some time with friends and family. When we all signed up for the Guard, one weekend a month didn't seem like a lot, but we all know that one weekend a month, especially in the summer, can wind up causing us to miss any number of valuable opportunities or events. I know I speak for all of the Command in the New Jersey National Guard when I say thanks for all you sacrifice to serve the Great State of New Jersey and the United States.

As we press forward with our perennially busy schedule, I want to let you know about a few things on our plate for the upcoming months. First, some good news: Furloughs were cut short to six days. While the simple fact that we had to endure any furloughs was tough enough, at least we are able to end this one sooner than we had anticipated. The wing has distributed a new calendar to reflect this change. Your supervisors and commanders can answer any questions you may have on furloughs. August drill will be devoted to Sexual Assault Prevention and Response training. As you are all aware, the military is struggling with this serious issue, and we will take the appropriate time to dedicate ourselves to locally eradicating this egregious crime. Please take the opportunity to seriously address this issue and commit yourself to becoming a part of the solution. Also in August, we

will continue to emphasize the hazards of DUI. I believe that a fundamental change in culture needs to take place before we rid ourselves of this incredibly destructive decision to drive while under the influence. Remember... Drinking and Driving is not a mistake...it's a crime! Lastly, we will put this all together during our annual Wingman Day resiliency training and continue to emphasize the importance of being a good Wingman.

Headed into the fall months, we are adjusting our ORE schedule to account for the ever-changing deployment and inspection schedule. Standby for words as we work out the details for the upcoming calendar year. Have a great UTA, don't drink and drive, and be safe!

KERRY M. GENTRY

Colonel, NJANG

Wing Commander



WINGMAN DAY 2013

SUNDAY, AUG 11



Photo by Tech. Sgt. Matt Hecht, 177th FW/PA

PROFESSIONAL BAD GUYS

Story and photos by Tech. Sgt. Matt Hecht, 177th FW/PA



Airmen from the New Jersey Air National Guard's 177th Fighter Wing were once again asked to evaluate and participate in the annual Atlantic County crisis response exercise, which was held at Atlantic Cape Community College on July 12.

A statement released by the Atlantic County Prosecutor's Office said, "This year we sought out a "Team" with "Overseas Experience". We received tremendous support via the combat forces and technical support supplied by the 177th Fighter Wing. Training can never replace real life experiences, but their experiences can be passed on to others in the form of a training exercise. The personnel from the 177th Fighter Wing who were assigned to this exercise were well prepared, providing the Atlantic County Hostage Team as well as the Atlantic County Emergency Response Team (ACERT) with a very challenging exercise and training opportunity."

Two airmen from the 177th Fighter Wing, Staff Sgt. Kevin Allman and Staff Sgt. David Pabon, both veterans of Operation Iraqi Freedom, were brought in to act as hostage takers.

Allman, a member of the 177th Security Forces Squadron, and also a member of the Ocean County Sheriff's Office, likened the role to being a "professional bad guy."

"This exercise is all about professionals helping professionals," said Allman. "I'm happy to help out today as an Air National Guardsman, using my military and civilian experience to help the local law enforcement community."

Master Sgt. Joe Iacovone, also from the 177th Security Forces Squadron, helped with the coordination of the exercise as well as the evaluation.

"These exercises not only develop the training for local officers, but they also help to strengthen the bonds between the Air National Guard and our civilian counterparts in the community," said Iacovone, who is also an Atlantic City Police Officer. "Our experiences as civilian police officers, as well as combat experiences overseas and what we

faced can benefit the county SWAT teams and how they react to different situations. Even as we're evaluating this year's exercise, we're already planning and looking forward to next year's event."



Staff. Sgt. David Pabon communicates with fellow opposing forces members at Atlantic Cape Community College in Hamilton Township, N.J. on July 12





Master Sgt. Joe Iacovone (left) briefs opposing forces members before the annual Atlantic County crisis response exercise at Atlantic Cape Community College on July 12. Event planners from the Atlantic County Prosecutor's Office requested New Jersey Air National Guard assistance in evaluation, as well as providing opposition force members who would push the response teams to their limits. Iacovone is assigned to the 177th Security Forces Squadron Anti-Terrorism Office, and is also a member of the Atlantic City Police Department.

Glenn Hausmann (right) acts as a hostage taker at Atlantic Cape Community College in Hamilton Township, N.J. on July 12. Staff Sgt. Kevin Allman (below), a 177th Security Forces Squadron member, acts as a hostage taker, talking with Atlantic County SWAT officers, making demands for his release.





Officers from the Atlantic County SWAT (above, right) rescue a hostage during an exercise at Atlantic Cape Community College in Hamilton Township, N.J. on July 12.



Staff. Sgt. Kevin Allman is searched by a SWAT officer at Atlantic Cape Community College in Hamilton Township, N.J. on July 12. Members of the New Jersey Air National Guard were invited to evaluate and participate as opposing forces for the annual Atlantic County crisis response exercise. Allman is assigned to the 177th Security Forces Squadron, and as a civilian he works for the Ocean County Sheriff's Office.

PRESERVING HISTORY

Restoring Convair F-106B 57-2523

Photos by Master Sgt. Andrew J. Moseley, 177th FW/PA
Story by Tech. Sgt. Matt Hecht, 177th FW/PA

The first thing most people visiting the 177th Fighter Wing see, besides our top notch gate guards, are the static displays that line the left hand side of Langley Road. The three aircraft, an F-16C Fighting Falcon, F-106B Delta Dart, and F-100F Super Sabre, each have their own unique and amazing Air Force history.

Convair began production of the F-106 in the early 1950's, with initial flights in 1956 and 1957. Our own 119th Fighter Squadron flew the F-106 from 1973 to 1988.

Of the 342 F-106s produced, only 33 still remain intact, including F-106B 57-2523, on display at the main gate of the 177th.

Many static display aircraft never served with the unit they are displayed at. Not so with 57-2523! It was assigned to the 119th Fighter Squadron, New Jersey Air National Guard, in Dec of 1983, a transfer from the 194th Fighter Squadron in Fresno, Ca.



F-106B 57-2523 is moved via helicopter from the National Guard Bureau to the 177th Fighter Wing in Dec 1992. Photo by Master Sgt. Dave Kuntz.



U.S. Air Force F-106B 57-2523 fires a missile during training while assigned to the 194th Fighter Interceptor Squadron, California Air National Guard. USAF photo.

In June of 1984 57-2523 was dropped from the USAF inventory to museum status due to a cracked bulkhead.

Originally, 57-2523 was taken to the National Guard Bureau at Andrews Air Force Base, Md., where it was on static display for 8 years. In Dec of 1992 it was moved via helicopter airlift to the 177th Fighter Wing, now its permanent home.

F-106B 57-2523 (below), on static display here, is cleaned and striped of paint on July 29 by Staff Sgt. Brian Lemmon from the 177th Fabrication shop as part of scheduled maintenance.





U.S. Air Force Staff Sgt. Brian Lemmon performs scheduled maintenance on a Convair F-106B Delta Dart static display here on July 24. Lemmon is assigned to the 177th Fabrication shop.



FISHING TRIP FOR VETS

A WAY TO GIVE BACK FOR CHARTER BOAT OWNER

Story and photos by Master Sgt. Andrew J. Moseley, 177th FW/PA

A local fishing boat owner wanted to give back in a big way—by inviting five combat veterans for a day of deep sea fishing.

Deane Lambros, captain of the Canyon Runner, said the owner of the charter business, Adam LaRosa, arranged the trip, which included two New Jersey National Guardsmen and three retired active duty veterans, "...as a way of thanking the service members who have sacrificed so much."



Deane Lambros, captain of the sport fishing charter boat, Canyon Runner, monitors the screens and gauges of the forty-five foot Viking Sportfish at the Hudson Canyon, Atlantic Ocean

Ocean conditions can be challenging when traveling to the edge of the continental shelf and on this particular morning the 45 foot Viking Sportfish, lovingly referred to as the "Tow Truck" by the crew because it has transported eager fishermen and women to the tuna grounds literally thousand of times, leapt over and through four to six foot swells for the nearly 3-hour ride.

Commenting on the ride out to the canyon, U.S. Army Lt. Col. Steve Iwicki, a retired Intelligence Officer in conflicts in Kosovo, Desert Storm and Afghanistan said, "I've been on tactical landings where the aircraft spiraled straight down to the runway...this was worse."

That speaks volumes about the piloting skills shown and the sea worthiness of the Viking yacht, with its twin 660 horsepower turbo diesel engines.

Captain Lambros added, "The sea conditions were not great and were greatly exacerbated by the angle in which we had to travel through the sea."

Despite the rough conditions, the vessel and her passengers made it safely to their destination.

Greg Rybak, Mate and 2nd Captain on the Canyon Runner, set up the spread of hooked rods with ballyhoo rigged baits, spreader bars, diving lures and dredges; artificial baits that look like a school of fish and are designed to entice the tuna to come to the surface for a better chance at getting more food. Some of the lines ran up to the outriggers, aluminum poles leaning out away from the boat, which helps keep all of the lines separated and keeps them from tangling, especially during turns.

The fishing looked promising as Retired U.S. Army Capt. Dell Dailey, a former Infantry Officer with the 82nd Airborne Division, reeled in the first fish, a mahi-mahi, immediately after the trolling lines were set.



Mate and second Captain, Greg Rybak, pulls a mahi-mahi on board as Retired Army Infantry Officer Dell Dailey reels the fish in.

Soon, another was reeled in by Tech. Sgt. Keith Williams, a weapons systems specialist with the 177th Fighter Wing, New Jersey Air National Guard. "I really appreciated the crew and they did an excellent job of trying to put us on the fish all day long," said Williams.

One of the Veterans on the trip had a tougher time moving around the boat than the rest. Retired U.S. Army Cpl. Rob Kislow, a former paratrooper with the 82nd Airborne Division was shot five times in Tajik Province, Afghanistan in 2006 and had to have his leg amputated. "We were in a nasty firefight and I was one of the unlucky ones that day", Kislow said.

Rybak, whose father was in the U.S. Army, said, "It's hard for a guy like me to comprehend what you guys have had to go through while deployed. We're as far removed from it as you can possibly be out here on the Canyon Runner. Too many people take it for granted and that's why we take veterans on these trips. We sure do appreciate you guys."

Though no tuna were seen or caught, a finback whale, a whale shark and numerous dolphins were seen. More importantly, birds flying near the boat, 90 miles from land, were seen as a good sign that bait fish were in the water.

The exciting pace of catching fish often times comes with hours of quiet calm, with only the drone of the engine and random radio chatter breaking the silence.

U.S. Army Sgt. First Class Patrick Fry, flight operations Soldier with the 57th Troop Command, New Jersey Army National Guard, caught a third mahi-mahi before the crew called it a day and pulled the lines for the three hour cruise back to the dock.



"I wasn't feeling well enough to go into the cabin on the trip back so the crew took care of me, giving me rain gear to wear and keeping me hydrated," said Fry. "Safety was a priority and they treated us like gold."

During the return trip,

Sgt. First Class Patrick Fry, flight operations Soldier with the 57th Troop Command, New Jersey Army National Guard, holds a mahi-mahi he reeled in at the Hudson Canyon.

Iwicki commented on the crew's teamwork and compared it to what he's seen in the military, "It's kind of like a crew served weapon, they can anticipate what needs to be done and what each other is going to do and how they'll react. There are a lot of similarities there."

Back at the shore, nearly 20 hours after setting sail, the crew readied the Canyon Runner for the next trip. Rybak reflected and left these parting words; "All of you have sacrificed so much, we'll never be able to repay you."



Retired Active Duty and current NJ Army and Air National members display their catch of mahi mahi after an all day fishing trip to the Hudson Canyon, Atlantic Ocean, aboard the charter boat Canyon Runner.

(L-R) Captain Deane Lambros, Mate and second Captain Greg Rybak, both of Canyon Runner Sportfishing, and Technical Sgt. Keith Williams, 177th Fighter Wing weapons systems specialist, work together to reel in a mahi mahi at the Hudson Canyon, Atlantic Ocean on July 3, 2013.



AROUND THE WING



Senior Airman Jesse Silva, a 386th Expeditionary Logistics Readiness Squadron bulk storage attendant, adjusts a Hammonds Additive Injector on July 16. In order to prepare Jet A1 fuel for use with military aircraft, Silva oversees the injection of two additives to the fuel systems. Silva is deployed from the 177th Fighter Wing. U.S. Air Force photo by Master Sgt. Christopher A. Campbell

H70 TRAINING

(Right, below) U.S. Air Force Senior Airmen Patrick Neal from the 177th Aircraft Fuel Systems shop participates in annual H70 Hydrazine response training here on Aug 7. U.S. Air National Guard photo by Tech. Sgt. Matt Hecht, 177th FW/PA



Atlantic City Drones and the "Battle of Palmdale"

Story by Dr. Richard Porcelli

Last month, we related an interesting story about Atlantic City's role in the development of drones for monitoring the Bikini Atoll atomic bomb tests, known as "Operation Crossroads." The Navy's use of Hellcat drones did not end there. Building upon the experience gained with the Atlantic City drones, during the Korean War a further group of F6F-5 Hellcats were modified into rudimentary surface-to-surface guided missiles for use in a manner similar to today's cruise missiles. The Hellcat drones were equipped with a TV camera pod on the upper surface of the starboard wing; the image was transmitted to a Douglas AD-2Q Skyraider controller aircraft whose pilot guided the drone to the intended target using the image on a small TV screen and joystick. During late August 1952 a total of 6 were launched from the aircraft carrier USS Boxer to attack heavily defended ground targets. A railway bridge at Hungnam, Korea, was the primary target. A total of 3 hits and 1 near-miss were achieved.

During the same period the technology developed for Atlantic City's drones was further modified and the Navy converted additional Hellcats into aerial targets for testing missiles, including early versions of the AIM-7 Sparrow and AIM-9 Sidewinder missiles. For many of these

tests, the Hellcat drones were equipped with wing-tip flares to simulate jet exhausts. This is the background to this month's story, "The Battle of Palmdale."

At 11:34 in the morning of Thursday August 16, 1956 the Navy launched a bright red unmanned F6F-5K drone from the Point Mugu, California, for a missile test over the Pacific Ocean. As the drone was climbing west, the ground controller realized that the radio control link was lost. A trailing unarmed chase plane also failed to gain control of the drone. Instead of continuing safely out to sea, the drone turned left on its own volition and took a southeasterly heading and continued to climb



A U.S. Navy F6F-5K Hellcat target drone at Pt. Mugu.

in the direction of ... Los Angeles! Not having any armed fighters of their own at their disposal the Navy called nearby Oxnard Air Force Base, then an Air Defense Command base under the operational command of NORAD, and asked them for help in destroying the wayward drone before it reached any populated areas. Immediately, two Northrop F-89D Scorpions of the 437th Fighter Interceptor Squadron were scrambled. The alert crews were more than happy to break up the monotony of standing alert and to oblige to the Navy's request. Leaving their sheds, the Scorpions trundled, tails high, to end of runway 27 and took off in pursuit of the Hellcat.

The F-89 Scorpion had a crew of two – a pilot and radar operator. Powered by two Allison J-35 engines, the designers set its tail high, well above the jet exhaust, giving the appearance of a scorpion ready to attack – hence its name. Considered the state-of-the-art, all-weather day and night interceptor of the day, the F-89D was equipped with the new Hughes E-6 fire control system, also used in its contemporary North American F-86D and Lockheed F-94C, that featured the AN/APG-40 radar and AN/APA-84 computer. The only arma-



An F-89J Scorpion from the 437th Fighter Interceptor Squadron at Oxnard Air Force Base, Ca.



ment carried by the F-89D was two wing-tip missile pods, each holding 52 2.75 inch "Mighty Mouse" FFAR (Free Flight Aerial Rockets) folding fin rockets. Air Force thinking of the early 1950s (and continuing to the Viet Nam War period) was that guns were outdated. Further, due to the increasing speed of any interception, a massed formation of Russian bombers attacking the continental United States could be knocked out with salvo of these unguided missiles.

The Air Force jets, piloted by Lieutenants Hans Einstein and Dick Hurliman, caught up with the left circling Hellcat northeast of Los Angeles at an altitude of 30,000 feet. The jets continued to trail the drone as it cruised southwest and passed again over Los Angeles and then as it banked to the northwest towards Santa Paula. The Air Force pilots were waiting for an opportunity to shoot down the drone over an unpopulated area so debris would fall harmlessly to earth. Their first opportunity came, but when they attempted to fire on the turning drone, a fault in the fire control system prevented the launch of missiles while the F-89 itself was in a banking turn.

Frustrated, they continued their pursuit of the circling Hellcat toward Fillmore and Frazier Park. Feeling the pressure to take down the drone, the Scorpion pilots decided to override the computer controlled system and reverted to manual control. Although earlier models of the Scorpion were equipped with gun sights (and six 20 mm cannon) this latest D version had neither. Firing 42 missiles each, both Scorpions missed the target. Instead, the missiles blazed across the sky and fell to earth starting brush fires near the towns of Castaic and Newhall. The blazes damaged a number of oil well pumps and threatened the Bermite Power Co. explosives plant. An errant missile hit the cab of a truck; normally the two farm workers ate lunch in their truck, but because of the heat of the day, they sat under a shade tree instead and escaped certain death.

The drone continued its circling path, now heading northwest over Palmdale, California. As it did so, the Scorpions unleashed a further two salvos of 32 and 30 Mighty Mouse missiles each. Again, no hits were made. The unmanned, unarmed, propeller-driven World War Two Hellcat fighter successfully evaded the

best Air Force interceptors of the day.

A total of 208 missiles were fired by the two interceptors; all of them missed. Instead, according to a local reporter, "Mighty Mouse rockets fell like hail." Miraculously, no one on the ground was hurt but there were many close calls. One rocket hit the ground and exploded in front of a station wagon driven by a teenager who had just gotten his license, shredding its tires and leaving

17 shrapnel holes in the radiator, hood, windshield and front seat! Other rockets hit homes, one of them entering a window and ricocheting off a ceiling, through a wall and coming to rest in a kitchen cupboard. Another passed through a garage and then entered the house where it nearly hit two residents sitting down to lunch.

Palmdale suffered from three major fires and many minor conflagrations caused by the falling missiles. These and other fires in Santa Clarita near where the initial salvos were fired continued to burn through the night, and hundreds of firemen were called into action to bring the blazes under control.

Residents found 3 unexploded missiles in Palmdale which had to be blown up by the town's Sheriff's Department. Demolition personnel from Edwards Air Force Base recovered and disposed of a further 15 missiles found between Santa Clarita and Palmdale.

And what happened to the little red Hellcat? It finally ran out of fuel and gently descending in a lazy left turn, its wing clipped three power lines and it crashed in an open field eight miles east of Palmdale Airport.

The "final score" for the "Battle of Palmdale" was: Navy Hellcat drone, 1; USAF F-89D, 0.



A U.S. Air Force F-89D crew suiting up and manning their aircraft in an alert shed.



Close up of wingtip pod holding 52 2.75 inch Mighty Mouse FFARs.



NEWS AIRMEN CAN USE



OPERATION CRIME STOP

Story by Staff Sgt. Daniel Byrne, 177th SFS

I was recently appointed as the "Crime Prevention Program Manager" for the installation. While I prefer that everyone read my future bulletins/tips I understand the concept of skimming through articles or emails and choosing the ones that are of more importance to you. Please try and take in what I send. I came to the 177th from an active duty base (McGuire AFB) where Security Forces were more law enforcement than security. This installation's mission is of great importance; a big part of which is keeping the aircraft and personnel safe.

We as Security Forces aren't responding to base housing for domestic situations; we're not regularly pulling people over for speeding or driving while using their cell phones (believe me, we see you); And we're not responding to an enlisted club for fights or drunken disorderly personnel. Our primary objective is to provide security to the installation.

We are here to detect, deter, and neutralize any potential hostile threats or actions. With that being said, our greatest assets for security here are the base populous as a whole. The amount of eyes and ears that we have collectively is an enormous resource. Using everyone's eyes and ears can help to aid in crime prevention. In comes (cue the COPS theme music) *Operation Crime Stop*: An essential element of crime prevention is the prompt and accurate reporting of imminent crime situa-

tions or criminal acts. Some people will report their observations to police only when they know they can remain anonymous. *Operation Crime Stop* helps overcome reluctance to become involved with Security Forces by providing a single telephone line for crime reporting while allowing witnesses to remain anonymous. *Crime Stop* provides a safe way to report suspected or actual crimes anonymously. Anonymous crime reports can include school crimes, such as persistent bullying, domestic violence, suspicious activity, threatening acts or behavior, possession of weapons and or the use or sale of illegal drugs. (AFI 31-201). You may have heard of the "Eagle Eyes" program already. *Operation Crime Stop* is of the same nature but it has its own direct line for reporting. The main concern for both programs is short, sweet, and to the point:

IF YOU SEE SOMETHING OUT OF THE ORDINARY, REPORT IT! This can be done via the Crime Stop direct phone line: 609-761-6223; you can stay anonymous if you'd like. Also, please feel free to report any incidents to Security Forces at 609-761-6222. Keep in mind that both programs are community oriented, meaning it doesn't have to be an "on base incident/situation". You as well as your family members, friends, and neighbors can report things to us and we can channel them to the right personnel if need be. Also, don't forget to dial 911 in case of emergency. If anyone has any questions or concerns about the Crime Prevention Program here at the 177th please feel free to contact me via email: Daniel.Byrne.1@ang.af.mil or call SFS at ext. 6222.

177th Fighter Wing
SAPR
177th Fighter Wing SARC: 609-385-3671
108th Wing SARC: 609-694-9426 JFHQ SARC: 609-864-1194 24/7 SAFE Helpline 1-877-995-5247

Annual dental exam

The annual dental exam will be completed by your civilian dentist.

Get a DD Form 2813 and have your dentist complete the form and return it to the clinic. Questions call 761-6240.

Warrior Resiliency is Strengths – Oriented Approach!

As Airman, you already have a set of survival skills and strengths—positive qualities and abilities you bring to tough situations—to help you preserve and thrive and be resilient. They helped you survive the war of combat and life stressors. Don't neglect to use these strengths!

A healthy brain is curious: Ask lots of questions, want to know how things work. Work with new developments. Enjoy them as youth do. Have a good time almost anywhere. Wonder about things, experiment, make mistakes, get hurt, and laugh. Ask: "What is different now? What if I did this? Who can answer my questions? What is funny about this?" Laugh you beast!!

Leaders learn from experience: Rapidly assimilate new or unexpected experiences and facilitate being changed by them. Ask "What is the lesson here? What early clues did I ignore? The next time that happens I will...." I can do it I am a warrior and welcome the challenge!

Warriors adapt quickly: Be very mentally and emotionally flexible. Comfortable with contradictory personality qualities. Yes you can be strong and gentle, sensitive and tough, logical and intuitive, calm and emotional, serious and playful, and so forth. The more the better. You can think in negative ways to reach positive outcomes. "What could go wrong, so it can be avoided?" The mind thinks negative, but you are not a negative person, but prepared for all outcomes!

Demand a solid self-esteem and self-confidence: Self-esteem is how you feel about yourself. It determines how much you learn after something goes wrong. It allows you to receive praise and compliments. It acts as a buffer against hurtful statements while being receptive to constructive criticism. "I like, appreciate, and respect myself...." That is not being self-centered, but reflecting on the gifts and talents you have and using them and not shielding them from potential jealousy!

Your self-confidence is your opinion of yourself: It allows you to take risks without waiting for approval or reassurance from others. You expect to handle new situations well because of your past successes. "These are my reliable strengths...." Action is never a failure, but only information to continue or cease. No action is fear of failure!

Work on good friendships, loving relationships: Research shows that people in toxic working conditions are more stress resistant and are less likely to get sick when they have a loving family and good friendships. Loners are more vulnerable to distressing conditions. Talking with friends and family diminishes the impact of difficulties and increases feelings of self-worth and self-confidence. Build a circle of positive thinking colleagues, for their positive attitude will determine your attitude. Be a WINGMAN and ask someone to be yours and you will never regret the outcome.

Show your feelings honestly: This is tough for warriors, but a valuable psychological strength. Experience and express anger, love, dislike, appreciation, grief—the entire range of human emotions honestly and openly. However, you can also choose to suppress their feelings when they believe it would be best to do so. You will know when the time is right. Call me Doc Savicky at 609 761 6871 for a confidential opportunity to put it out there with a fellow combat veteran.

Believe things will work out well: Remember, optimism guided by internal values and standards is good. High tolerance for ambiguity and uncertainty is normal. Surprise has a synergistic effect, and brings stability to crises and chaos. Ask "How can I interact with this so that things turn out well for all of us?" I am a survivor and this too will pass!

Study others with empathy: This tough. See things through the perspectives of others, even antagonists, with empathy. A Win/win/win attitude in conflicts is smart. Ask "What do others think and feel? What is it like to be them? How do they experience me? What is legitimate about what they feel, say, and do?" Say "I know how you feel, I felt that we before, and this is what I found! All feelings are normal and belong to each of us! We accept all feelings, even if we do not agree with them!"

Welcome your intuition, creative hunches and gut feelings: Accept subliminal perception and intuition as valid, useful sources of information. Ask "What is my body telling me? Did that daydream mean anything? Why don't I believe what I'm being told? What if I did this? The gift of fear is a human trait that only humans ignore and regret at a later time. We say "could of, should of, and would of" when it is too late.

Understand self well: You must avoid and block attacks, fight back when needed. See through and side-step cons, "games," and manipulations that others attempt. Find allies, resources, and support. You are not an island!

Conceive, believe, and achieve in serendipity: Learning lessons in the school of life is the antidote to feeling victimized. They can convert a situation that is emotionally toxic for others into something emotionally nutritious for them. They thrive in situations distressing to others because they learn good lessons from bad experiences. They convert misfortune into good luck and gain strength from adversity. That which does not kill you make you stronger! Bring it on is your slogan! A good indicator of exceptional mental health is when a person talking about a rough experience says "I would never willingly go through anything like that again, but it was the one of best things that ever happened to me." Ask "How can I turn this around? Why is it good that this happened? What is the gift?" Life is good!

Get better and better every decade: Become increasingly life competent, resilient, durable, playful, and free. Spend less

You handle it!

You seek help from others to help handle it.

You accept it!

FINAL PHOTO COASTIE FLYBY

The Coast Guard's HC-130H and HC-130J Hercules and Super Hercules Long Range Surveillance (LRS) aircraft provide heavy air transport and meet long-range maritime patrol requirements in vast areas of responsibility.



A U.S. Air Force F-16C Fighting Falcon from the 177th Fighter Wing, New Jersey Air National Guard, sits on the flightline at Atlantic City International Airport, N.J. while a U.S. Coast Guard C-130J Hercules from Air Station Elizabeth City, N.C. takes off in the background on Aug 6. (U.S. Air National Guard photo/Tech. Sgt. Matt Hecht)